

Senior Nutrition

Central District Health Department

The Meal Times

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Get Ready for the 9th Annual Culinary Walk-About - Feb. 2

Tickets are on sale now for the Ninth Annual Culinary Walk About, a fundraiser for the Meals On Wheels program in Ada and Elmore Counties. The event will be held from 6-9 p.m., Thursday, February 2, 2006 at the Boise Centre on the Grove.

The Culinary Walk About allows guests to "walk about" and enjoy delectable specialties from some of the Treasure Valley's finest restaurants including: The Arid Club, Asiago's, Richard's/Taste, Boise Centre on the Grove, Idaho Center, Dawson Taylor, Goody's, Square, Life's Kitchen, Personal Chef Catering, Emilio's, Wild West Bakery, Bardenay, Hillcrest Country Club, Tower of Chocolate, Blue Moose Café, Milky Way, Villano's, Berryhill & Co. and Chef Lou's Westside. The cuisine will range from appetizers, main dishes and salads to desserts and coffee.

Music will be provided by the Boise Straight Ahead Jazz Band. There are also some great silent and live auction items up for bid. All proceeds will support the Meals On Wheels program that delivers hot, nutritious meals to over 500 homebound senior citizens in Ada and Elmore counties every day.



Tickets are \$40 per person and are on sale now at the Central District Health Department, 707 N Armstrong Place, Boise or you can buy them at the door. Call 208-327-7460 for more information or to sponsor a table for your company.

The Culinary Walk About is sponsored by CDHD and Idaho Chefs de Cuisine. Learn more at the Central District Health Department website www.cdhd.idaho.gov.

Valley Corvette Owners Donate To Meals On Wheels

Just before Christmas members of the Valley Corvette Club donated \$500 to the Meals On Wheels program. The donated funds came from the proceeds of the sale of Idaho Corvette license plates. The Corvette license plate was first authorized by the 2002 Idaho Legislature to recognize the 50th Anniversary of the Corvette in 2003 and to raise money for Idaho charitable organizations. Every Corvette club gets a share of the license plate revenue and they in turn donate to a variety of charitable purposes. The Valley Corvette club thought the Meals On Wheels program was a good fit – *Hot Wheels* helping Meals On Wheels. The money was designated to help provide special holiday meals for homebound seniors.



Left to right: Jack Bucy, Don Wells, Angela Spain, Gay Young, Deanna Bucy, Floyd Sager, Judy Wells, Randy Hope.



SENIOR NUTRITION PROGRAM

Meals-On-Wheels
707 N Armstrong Pl
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Pamela Sparks
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
Mon thru Fri
3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

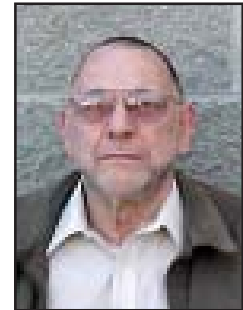
Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Volunteer Spotlight

**Loren
Basler**

"Loren, we need you to cover another route for us today, can you help us out?" Volunteer Coordinator Cheryl Johnson is often overheard saying. "Sure." Loren Basler responds cheerfully.

Loren is our 'go-to' guy when we're in a pinch. If somebody can't make his or her deliveries Loren is the one we turn to. He's the ultimate pinch hitter, having driven nearly every one of our routes since he started with Meals On Wheels in March of last year.



Loren Basler

But then Loren has a lot of experience in making sure things get to where they're supposed to be. He retired in 1989 as general manager for ILC Conroth, a parts supplier to the recreational vehicle and manufactured home industries. In that position he made sure that an inventory of over 2500 parts got to manufacturers in eleven western states and three Canadian provinces. By comparison delivering Meals On Wheels is a walk in the park.

We're glad he's here. Thanks for all your help Loren!

Micron Hams

Every year Micron employees are given a ham for the holidays. Employees have the option of taking the ham home or giving to someone else. With the encouragement of Meals On Wheels board member Michelle Hicks, who works at Micron, a lot of employees decided their hams should help feed homebound seniors.



MOW Board member Michelle Hicks and event organizer Christine Campbell.

The hams were incorporated into a delicious macaroni, cheese and ham meal that was served to seniors during the holiday season. We want to thank the generous spirit of the Micron employees who made this holiday season just a little brighter for seniors in Ada and Elmore counties!

Improve your fitness while helping seniors. The Fit and Fall Proof Program is recruiting active adults to teach low impact balance, strength, and endurance classes for seniors in the community. Volunteer leaders are taught a specialized curriculum and given all needed materials and support. Teach twice per week for 6 weeks. Phone Nancy Rush 327-8546

Donations Make It Possible - Thank You!

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Charles or Tiffany Albanese
Albertsons Inc
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Alchem Laboratory
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John Cruise
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Ruth Ann Cumming
Catherine Currie
William & Helen Curtis
James or Lou Ann Dahl
Cory & Natalie Dalos
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Lyle or Marlys Davenport
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Irma Flaningam
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Jack Fleming
Mary Gail Floyd
Mary Lou Forbes
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Helen Frawley
Gloria Freeman
James Frisch
Beverly or Harry Fritchman
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Randall or Pam Geile
Thelma George
Donald Gettle
Gabi Ghighina
Martha Gibbons
Helen Gibson
Laura Lincoln Gibson
Davis Giles
Michael Gillespie
James & Georgia Girvan
Myron Goffin
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Jerry or Arlene Gould
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Daveen Green
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 Jefferey or Kathryn Steele
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 David or Cindy Wong
 Janice or Bruce Wong
 Susi Wong
 John or Cynthia Woodworth
 John or Nora Wrobel
 Amy or George Young
 Mitchell or Lynn Young
 Randy Zagata
 David or Bonnie Zimmer

Holiday Gift Bags



Sometimes it's the little things that make all the difference, especially during the holidays. The Meals On Wheels program asked for donations of small items like hotel or sample size lotions, shampoo and conditioners, candies and packages of tea or hot cocoa. The Treasure Valley community responded generously, allowing us to provide each of our seniors with a special gift bag right before Christmas. But the story doesn't end there.

Students in grades K through 6 at Christine Donnell School of the Arts decorated the white paper bags into which other volunteers put the gifts. It is gratifying to see so many people coming together to bring a little cheer into the lives of seniors in our area. Thanks for making this holiday season special.

Thank You



Happy Birthday

Vera Morrow



What's the secret to living to be 100? Well, if you ask Vera Morrow, she'd probably say you've got to stay active. Vera, who turned one hundred on December 31st, walks up to a mile every day. She also credits the hot and healthy meals she gets at the Samaritan Village dining site.

Vera's history with Senior Nutrition programs goes way back. She's been a volunteer driver for Meals On Wheels and a volunteer at one of the dining centers. Not too long ago illness kept Vera at home where she became the one getting Meals On Wheels. Now that she's healthy again, she happily goes to the Samaritan Village for lunch with her many friends old and new.

Happy Birthday Vera, from your friends at Meals On Wheels!

Meals-on-Wheels Program **Board of Directors**

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Albertsons

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Central District Health Department
Senior Nutrition
707 N. Armstrong Pl.
Boise, ID 83704-0825

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Total number of meals delivered in Ada and Elmore counties

2003 = 115,713
2004 = 132,589
2005 = 135,073
2006 = We anticipate about a 2% increase

Average cost per meal delivered: \$5.25

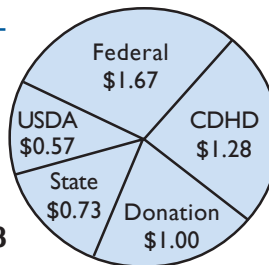
State reimbursement: \$0.73

Federal reimbursement: \$1.67

Average participant donation: \$1.00

USDA: \$0.57

Average CDHD supplement per meal: \$1.28



Meals On Wheels by the Numbers

All federal and state funds were spent by October 2005. Reimbursement by state and federal government is calculated on the previous year's numbers. Central District Health, either through general funds or fund-raising activities (like the Culinary Walk About), subsidizes the Meals On Wheels program.

Volunteers:

We currently have 360 volunteers but need more.

There are currently openings in east and west Boise.

In East Boise the openings are for every other Wednesday and every other Friday.

In West Boise we need drivers every Monday and Friday.

We can always use fill-in drivers when people go on vacation or are sick, etc.

Call 327-8552 for more information and to volunteer.